MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 3, 2022/2023

DPS5114 – INTRODUCTION TO PSYCHOLOGY

2nd October 2023
9.00 a.m. – 11.00 a.m.
(2 hours)

INSTRUCTION TO STUDENTS:

This question paper consists of **TWO (2)** sections and **FIVE (5)** printed pages excluding the cover page.

- Section A (50 marks): Answer ALL questions. Mark your answers on the OMR sheet
- Section B (50 marks): Answer ALL questions. Write your answers in the answer booklet provided.

The total mark for this exam is 100 marks and it carries 40% weightage towards your overall grade for this subject.

Section A (50 marks): Each question carries 2 marks.
Answer ALL questions. Mark your answers on the OMR sheet

1. Psychology is defined as the study of mental disorders and their treatment.
   A. True
   B. False

2. The field of behavioural neuroscience examines the relationship between the nervous system and behaviour.
   A. True
   B. False

3. According to the Han Selye's general adaptation syndrome, in the alarm stage the sympathetic nervous system becomes weak due to the sudden onset of stress.
   A. True
   B. False

4. Classical conditioning applies to voluntary behavior, while operant conditioning applies to involuntary behavior.
   A. True
   B. False

5. Negative reinforcement increases the likelihood that preceding behaviors will be repeated.
   A. True
   B. False

6. Chunking is a technique of grouping pieces of information together to expand the effective capacity of short-term memory.
   A. True
   B. False

7. Crystallized intelligence refers to information, skills, and strategies learned through experience.
   A. True
   B. False

8. According to Maslow, our highest-level need is the need for self-esteem.
   A. True
   B. False

Continued....

9. The formal beginning of psychology is associated with _____
   A. Wilhelm Wundt
   B. Charles Darwin
   C. Ivan Pavlov
   D. Abraham Maslow

10. _____ focuses on higher mental processes, including thinking, memory, reasoning, problem solving, judging, decision making, and language.
   A. Personality psychology
   B. Health psychology
   C. Developmental psychology
   D. Cognitive psychology

11. Which of the following psychologists is associated with the behavioral perspective?
   I. Rogers
   II. Watson
   III. Maslow
   IV. Skinner

   A. I and III
   B. II and IV
   C. III only
   D. IV only

12. The emphasis of the humanistic perspective is on:
   A. free will.
   B. environmental determinism.
   C. natural selection.
   D. unconscious motives.

13. Which of the following is true of the consequences of stress?
   A. Only negative stressors affect you physiologically.
   B. Stress does not have direct physiological results.
   C. Stress increases the immune system response.
   D. Stress produces both biological and psychological consequences.

14. _____ is the 'stress hormone" released by the adrenals.
   A. Insulin
   B. Cortisol
   C. Oxytocin
   D. Estrogen

Continued....

15. Eric has a Type A behavior pattern. Which of the following characteristics would be observed in Eric?
    A. Patience
    B. Cooperation
    C. Time urgency
    D. Lack of stress

16. In Ivan Pavlov's study, the unconditioned stimulus (UCS) was _____; the neutral stimulus was _____; and, finally, the conditioned stimulus (CS) was _____.
    A. meat; the bell; meat
    B. meat; the bell; the bell
    C. the bell; meat; meat
    D. meat; meat; the bell

17. In operant conditioning. the process by which a stimulus increases the likelihood that a preceding behavior will be repeated is called:
    A. learning
    B. conditioned stimulus
    C. neutral stimulus
    D. reinforcement.

18. Bandura's "Bobo doll" experiments were intended to demonstrate:
    A. emotional intelligence
    B. latent learning.
    C. classical conditioning
    D. observational learning.

19. The types of intelligence proposed by Sternberg include the following:
    I. analytical
    II. practical
    III. creative
    IV. emotional

    A. I and III
    B. II and IV
    C. I, II and III
    D. IV only

Continued....

20. Psychologists define _____ as the capacity to understand the world, think rationally, and use resources effectively.
    A. cognition
    B. intelligence
    C. motivation
    D. perception

21. Which approach to motivation is CORRECTLY paired with a behavior to which it is especially appropriate?
    A. Drive-reduction—eating
    B. Arousal—studying
    C. Cognitive—riding roller coasters
    D. Incentive—sleeping

22. Which of the following sequences best reflects the order in which memory processes occur, from first to last?
    A. Storage → retrieval → encoding
    B. Storage → encoding → retrieval
    C. Encoding → storage → retrieval
    D. Encoding → retrieval → storage

23. Which of the following is NOT one of the "Big Five" personality dimensions?
    A. Extraversion
    B. Openness
    C. Neuroticism
    D. Psychoticism

24. According to Sigmund Freud, the _____ includes the conscience, which prevents us from behaving in a morally improper way by making us feel guilty if we do wrong.
    A. ego
    B. alter ego
    C. superego
    D. id

25. _____ refers to a change in behavior or attitudes brought about by a desire to follow the beliefs or standards of other people.
    A. Altruism
    B. Conformity
    C. Schema
    D. Incongruity

Continued....

Section B (50 marks): Answer ALL questions.
Write your answers in the answer booklet.

Question 1

a) Define *stress*. How is it different from *stressor*? (3 marks)

b) Distinguish between cataclysmic events, personal stressors, and background stressors. Discuss the various effects on stress and well-being associated with these different types of events. Illustrate your answer with suitable examples of specific events you have experienced.

(12 marks)

[15 marks]

Question 2

a) Outline Gardner's theory of multiple intelligences. List and describe each of the types of intelligence in Gardner's theory. Provide examples of potential career choice for each type of intelligence.

(16 marks)

b) Define *emotional intelligence*. (4 marks)

[20 marks]

Question 3

a) Define and provide original examples from your own experience of each of the following types of memory: (i) working, (ii) procedural, (iii) episodic, and (iv) semantic.

(10 marks)

b) Explain with examples the following causes of forgetting: (i) decay, (ii) interference.

(5 marks)

[15 marks]

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